|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | BREAKFAST | LUNCH | DINNER | SNACK |
| SUNDAY# of Bowel Movements\_\_\_# of ounces of water\_\_\_\_ # of hours sleep\_\_\_\_ Quality of sleep (poor / ok / great ) | TIME:  | TIME: | TIME:  | TIME: |
| MONDAY# of Bowel Movements\_\_\_# of ounces of water\_\_\_\_# of hours of sleep\_\_\_\_Quality of sleep ( poor / ok / great )  | TIME: | TIME: | TIME: | TIME: |
| TUESDAY# of Bowel Movements\_\_\_# of ounces of water\_\_\_\_# of hours of sleep\_\_\_\_Quality of sleep ( poor / ok / great )  | TIME: | TIME: | TIME: | TIME: |
| WEDNESDAY# of Bowel Movements\_\_\_# of ounces of water\_\_\_\_# of hours of sleep \_\_\_\_Quality of sleep ( poor / ok / great )  | TIME: | TIME: | TIME: | TIME: |
| THURSDAY# of Bowel Movements\_\_\_# of ounces of water\_\_\_\_# of hours of sleep \_\_\_\_Quality of sleep ( poor / ok / great )  | TIME: | TIME: | TIME: | TIME: |
| FRIDAY# of Bowel Movements\_\_\_# of ounces of water\_\_\_\_ # of hours of sleep \_\_\_\_Quality of sleep ( poor / ok / great )  | TIME: | TIME: | TIME: | TIME: |
| SATURDAY# of Bowel Movements\_\_\_# of ounces of water\_\_\_\_# of hours of sleep \_\_\_\_Quality of sleep ( poor / ok / great )  | TIME: | TIME: | TIME: | TIME: |
|  |  | Send back for feedback to manda@coachingfromthekitchen.com  |  |  |

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WEEKLY FOOD JOURNAL

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